



Bulletin board

At the movies Nov. 23 to Dec. 9

Baumholder, Wagon Wheel

Nov. 23 — Cellular (PG-13) 7 p.m.
 Nov. 24-25 — Paparazzi (PG-13) 7 p.m.
 Nov. 26-27 — Surviving Christmas (PG-13) 7 p.m.
 Nov. 28 — Sky Captain And The World Of Tomorrow (PG) 4 p.m. Hero (PG-13) 7 p.m.
 Nov. 29-30 — Hero (PG-13) 7 p.m.
 Dec. 1-2 — Wimbledon (PG-13) 7 p.m.
 Dec. 3-4 — Ray (PG-13) 7 p.m.
 Dec. 5 — Harry Potter And The Prisoner Of Azkaban (PG) 4 p.m. Resident Evil: Apocalypse (R) 7 p.m.
 Dec. 6-7 — The Forgotten (PG-13) 7 p.m.
 Dec. 8 — Mr. 3000 (PG-13) 7 p.m.
 Dec. 9 — Resident Evil: Apocalypse (R) 7 p.m.

Büdingen, Little

Nov. 26 — Vanity Fair (PG-13) 7 p.m.
 Nov. 27 — The Cookout (PG-13) 3 p.m.
 Dec. 3 — Cellular (PG-13) 7 p.m.
 Dec. 4 — Napoleon Dynamite (PG) 3 p.m.

Dexheim, Rhein

Nov. 26 — Hero (PG-13) 7 p.m.
 Nov. 27 — Ray (PG-13) 7 p.m.
 Nov. 28 — Sky Captain And The World Of Tomorrow (PG) 3 p.m.
 Dec. 3 — Resident Evil: Apocalypse (R) 7 p.m.
 Dec. 4 — The Forgotten (PG-13) 7 p.m.
 Dec. 5 — The Incredibles (PG) 3 p.m.

Friedberg, Old Ironsides

Nov. 26-27 — Shark Tale (PG) 7 p.m.
 Nov. 28 — Hero (PG-13) 7 p.m.
 Dec. 2 — Napoleon Dynamite (PG) 7 p.m.
 Dec. 3-4 — Taxi (PG-13) 7 p.m.
 Dec. 5 — Mr. 3000 (PG-13) 7 p.m.
 Dec. 9 — Resident Evil: Apocalypse (R) 7 p.m.

Giessen, Skyline

Nov. 23-24 — First Daughter (PG) 7 p.m.
 Nov. 26 — Without A Paddle (PG-13) 7 p.m.
 Nov. 27 — First Daughter (PG) 7 p.m.
 Nov. 28 — The Cookout (PG-13) 7 p.m.
 Nov. 30 — Shark Tale (PG) 7 p.m.
 Dec. 1 — Black Cloud (PG-13) 7 p.m.
 Dec. 3 — Vanity Fair (PG-13) 7 p.m.
 Dec. 4 — Resident Evil: Apocalypse (R) 7 p.m.
 Dec. 5 — Black Cloud (PG-13) 7 p.m.
 Dec. 7-8 — Taxi (PG-13) 7 p.m.

Hanau, Evening Star

Nov. 23 — Cellular (PG-13) 7 p.m.
 Nov. 24 — The Polar Express (G) 7 p.m.
 Nov. 25 — After The Sunset (PG-13) 7 p.m.
 Nov. 26 — The Polar Express (G) 4 and 7 p.m. After The Sunset (PG-13) 9:30 p.m.
 Nov. 27 — The Polar Express (G) 4 p.m. After The Sunset (PG-13) 7 p.m. Wimbledon (PG-13) 9:30 p.m.
 Nov. 28 — The Polar Express (G) 4 p.m. After The Sunset (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).



The popular children's story, "The Polar Express," hits the big screen in coming weeks.

Nov. 29 — Hero (PG-13) 7 p.m.
 Nov. 30 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Dec. 1 — Wimbledon (PG-13) 7 p.m.
 Dec. 2 — Hero (PG-13) 7 p.m.
 Dec. 3 — Spongebob Squarepants Movie (PG) 4 and 7 p.m. National Treasure (PG) 9:30 p.m.
 Dec. 4 — Spongebob Squarepants Movie (PG) 4 p.m. Mr. 3000 (PG-13) 7 p.m. National Treasure (PG) 9:30 p.m.
 Dec. 5 — Spongebob Squarepants Movie (PG) 4 p.m. National Treasure (PG) 7 p.m.
 Dec. 6 — Resident Evil: Apocalypse (R) 7 p.m.
 Dec. 7 — The Forgotten (PG-13) 7 p.m.
 Dec. 8 — Resident Evil: Apocalypse (R) 7 p.m.
 Dec. 9 — The Forgotten (PG-13) 7 p.m.

Rhein Main, Gardens

Nov. 24 — The Incredibles (PG) 7 p.m.
 Nov. 25 — The Incredibles (PG) 12:30 p.m.
 Nov. 26 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Nov. 27 — Surviving Christmas (PG-13) 5 p.m. Hero (PG-13) 7:30 p.m.
 Nov. 28 — Wimbledon (PG-13) 7 p.m.
 Nov. 30 — The Polar Express (G) 7 p.m.
 Dec. 1 — The Polar Express (G) 7 p.m.
 Dec. 2 — After The Sunset (PG-13) 7 p.m.
 Dec. 3 — Ray (PG-13) 7 p.m.
 Dec. 4 — The Forgotten (PG-13) 5 p.m. Resident Evil: Apocalypse (R) 7:30 p.m.
 Dec. 5 — Alien Vs. Predator (PG-13) 7 p.m.
 Dec. 7 — Spongebob Squarepants Movie (PG) 7 p.m.
 Dec. 8 — National Treasure (PG) 7 p.m.

Wackernheim, McCully

Nov. 24 — Cellular (PG-13) 6 p.m. Ray (PG-13) 8 p.m.
 Dec. 1 — Napoleon Dynamite (PG) 6 p.m. Hero (PG-13) 8 p.m.
 Dec. 8 — The Incredibles (PG) 6 p.m. The Forgotten (PG-13) 8 p.m.

Wiesbaden, Flyers

Nov. 25 — Wimbledon (PG-13) 7 p.m.
 Nov. 26 — Hero (PG-13) 7 p.m.
 Nov. 27 — The Incredibles (PG) 7 p.m.
 Dec. 2 — The Polar Express (G) 7 p.m.
 Dec. 3 — Mr. 3000 (PG-13) 7 p.m.
 Dec. 4 — Boss Talent Show 7 p.m.

Dec. 9 — Ladder 49 (PG-13) 7 p.m.

Wiesbaden, Taunus

Nov. 23 — Ray (PG-13) 7 p.m.
 Nov. 24 — Cellular (PG-13) 7 p.m.
 Nov. 25 — The Incredibles (PG) 4 p.m. Hero (PG-13) 7 p.m.
 Nov. 26 — Napoleon Dynamite (PG) 4 p.m. The Incredibles (PG) 7 p.m. Hero (PG-13) 9:30 p.m.
 Nov. 27 — The Incredibles (PG) 4 p.m. Hero (PG-13) 7 p.m. Cellular (PG-13) 9:30 p.m.
 Nov. 28 — Sky Captain And The World Of Tomorrow (PG) 4 p.m. Wimbledon (PG-13) 7 p.m.
 Nov. 29 — The Incredibles (PG) 7 p.m.
 Nov. 30 — Wimbledon (PG-13) 7 p.m.
 Dec. 1 — Hero (PG-13) 7 p.m.
 Dec. 2 — After The Sunset (PG-13) 7 p.m.
 Dec. 3 — The Polar Express (G) 7 p.m. Resident Evil: Apocalypse (R) 9:30 p.m.
 Dec. 4 — The Polar Express (G) 4 p.m. Mr. 3000 (PG-13) 7 p.m. The Forgotten (PG-13) 9:30 p.m.
 Dec. 5 — The Polar Express (G) 4 p.m. Mr. 3000 (PG-13) 7 p.m.
 Dec. 6 — The Polar Express (G) 7 p.m.
 Dec. 7 — After The Sunset (PG-13) 7 p.m.
 Dec. 8 — Mr. 3000 (PG-13) 7 p.m.
 Dec. 9 — National Treasure (PG) 7 p.m.



Jet Li stars in the Chinese martial arts adventure film, "Hero."

Movie plots

Surviving Christmas (PG-13) — Facing another Christmas alone, Drew Latham (Ben Affleck) goes back to his childhood home to spend the holidays with family. There's one problem: the people living there now are not Drew's family. Drew has his mind set on an old-fashioned family Christmas and bribes his newfound "parents" (James Gandolfini and Catherine O'Hara) to let him spend Christmas in their home.

Hero (PG-13) — The Kingdom of Qin is the most ruthless and ambitious of China's seven warring states. It's king is the target of assassins from all over China. Of all the would-be assassins, Broken Sword, Flying Snow and Sky are the most dangerous. When Nameless kills all three, he is offered a chance to meet the king. Nameless explains to the king how he used their personal relationships to expose and attack their weaknesses, but the king tells a different version of the same story. Stars Jet Li.

The Polar Express (G) — Tom Hanks lends his voice for this animated screen adaptation of the popular children's book. Polar Express tells the story of a boy who maintains his belief in Santa Claus despite the teasing of his cynical friends. The boy's conviction is rewarded Christmas Eve when a steam train, guided by Hanks, appears in front of his house and carries him and his disbelieving friends to the North Pole.

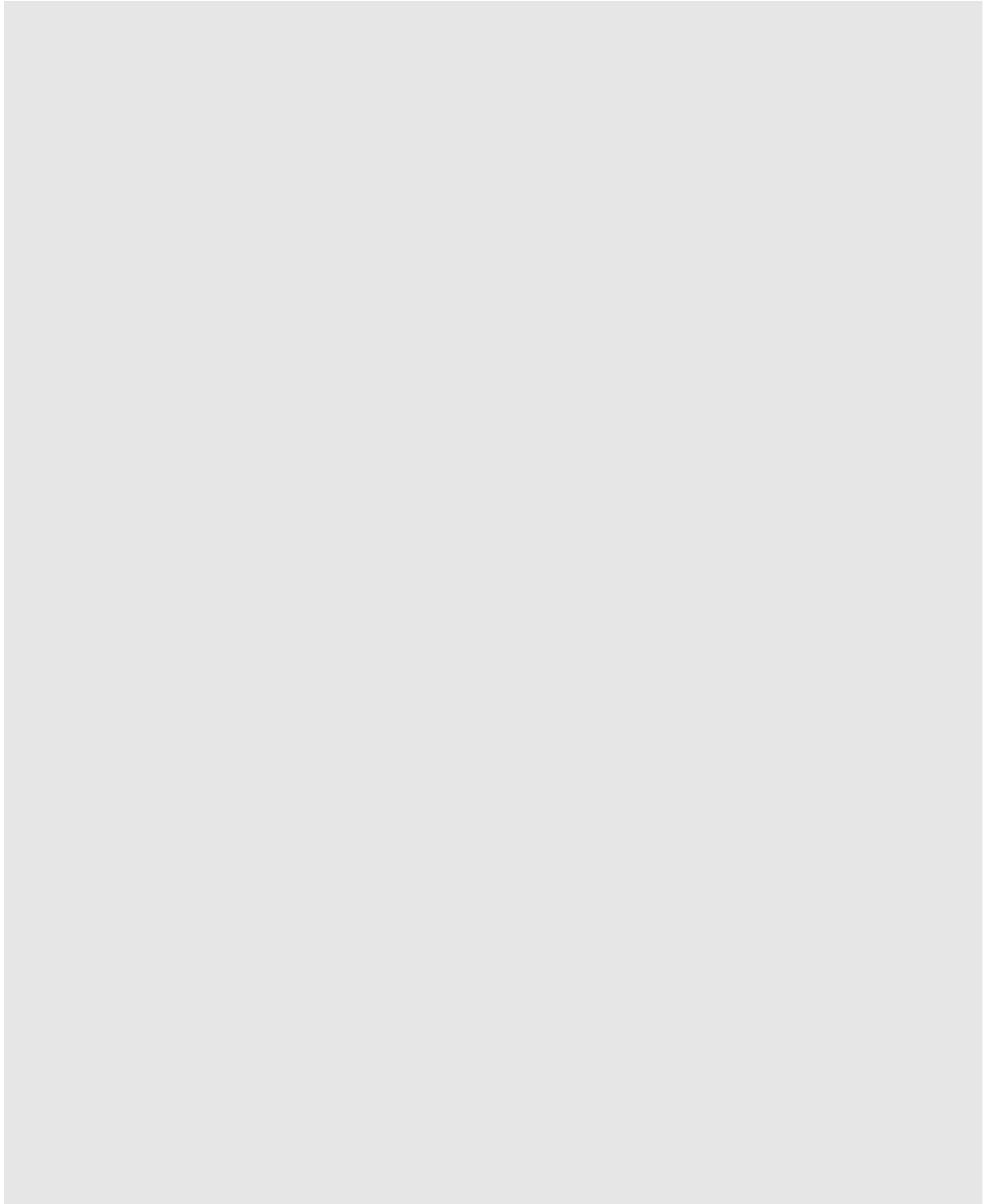
Wimbledon (PG-13) — Peter Colt (Paul Bettany) is an unlucky guy, scoring "love" both professionally and personally. Seeded near the bottom of the world tennis ranks, he manages to score a wild card, allowing him to play in the prestigious Wimbledon tournament. There, he meets and falls in love with American tennis star Lizzie Bradbury (Kirsten Dunst). Fueled by a mixture of his newfound luck, love and on-court prowess, Peter works his way up the ranks.

Spongebob Squarepants Movie (PG) — Based on the popular children's television series, this animated movie follows the adventures of a sponge who lives at the bottom of the sea in a pineapple and works as a fry cook at a restaurant, his neighbor Squidford and best friend Patrick, a starfish.

National Treasure (PG) — The film is a caper story about a secret code in the U.S. Constitution that reveals the whereabouts of a treasure buried during the 1700s. Nicolas Cage plays an archaeologist-historian on the hunt for the treasure.

Black Cloud (PG-13) — A young Navajo boxer overcomes personal challenges as he comes to terms with his heritage, while fighting his way for a spot on the U.S. Olympic boxing team. Stars Nathaniel Arcand, Justine Baker, Rick Schroder and Justin Scot.

Herald Union classifieds



Sports and leisure

Take a hike

Monthly guide to volksmarching in and around the 104th Area Support Group

By Donald Seltzer
Special to the Herald

The 2005 schedule of volksmarch events in Germany, the DVV Terminliste, featuring dates, locations, points of contact and more for every scheduled event in Germany, is now available. Look for the international edition of the IVV calendar to be available soon.

A full list of volksmarch events in the 104th Area Support Group is on the web at 104thasg.hanau.army.mil.

Readers are asked, whenever possible, to pick up an extra set of event brochures for this column and to mail them via MPS to 104th ASG, Herald Union Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.

Thanksgiving Day, Nov. 25

Ramstein — The Ramstein Roadrunners club hosts this Annual Thanksgiving Day event, which is known as a friendly and relaxing family activity. It's worth the drive from the 104th ASG. I suggest making reservations to enjoy the holiday buffet at the Officers Club — the food choices are amazing — and spending a night or two in guest lodging. Call Central Reservations at civ (06371) 454 920 for information. Take Autobahns 5 and 6 to the Landstuhl/Air Base exit to reach the town of Ramstein. IVV signs lead to the start hall.

Start: Turnhalle **Thursday:** 7:30 a.m. to 1 p.m. (5 and 10 km) **Trail:** Slightly hilly, fields and forests **Award:** From previous events.

Weekend of Nov. 27-28

Budenheim — This walk is northwest of Mainz and easy to reach via Autobahn. Look for Germany's Santa Claus at this *Nikolauswanderung* event. Take Autobahn 60 to the Heidesheim-Budenheim exit or Autobahn 643 to the Mombach-Budenheim exit, and follow IVV signs to the start.

Start: Bürgerhaus **Saturday and Sunday:** 8 a.m. to 1 p.m. (6 and 11 km) and 8 a.m. to noon (15 km) **Trail:** Flat, fields and some woods **Award:** Angel figurines.

Kirchen-Freusburg — Enjoy the scenic area southwest of Siegen at this event. Maps indicate a castle at Freusburg, a town of tourist interest. From Giessen take Autobahn 45 toward Siegen and exit at Wilnsdorf. Follow an unnumbered road to Neunkirchen and Betzdorf, then B-62 to Kirchen and Freusburg.

Start: Bürgerhaus **Saturday and Sunday:** 8 a.m. to 2 p.m. (6 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Hilly trails, woods **Award:** From previous events **Note:** Nikolaus, Germany's Santa Claus, offers small gifts for children on Sunday.

Weekend of Dec. 4-5

Metz, France — This is a hugely popular and crowded, Saturday-only evening walk that offers wanderers a tour of this historic city. The trail also passes through a Christmas market. It's well worth the time to reach it. Travel German Autobahns 67 and 64 to Saarbrücken and cross the border onto French Autobahn A-4/E-50. Watch carefully for "Metz Illuminée" directional signs.

Start: Palais des Sports, Boulevard Saint Symphorien **Saturday:** 3-8:30 p.m. (10 km) **Trail:** Flat, city streets **Award:** IVV credit only **Note:** The highway between Metz and the German border is a toll road.

Winterbach/Hunsrück — This walk is roughly midway between Idar-Oberstein and Bad Kreuznach. *Nikolaus*



will offer small gifts to young wanderers. From Idar-Oberstein take B-41 toward Bad Kreuznach. From the Wiesbaden-Mainz area head to Bad Kreuznach and connect with B-41 toward Idar-Oberstein. Pick up an unnumbered road at Waldböckelheim to drive north through Bockenau and Winterburg to Winterbach. Watch for IVV signs.

Start: Halle **Saturday and Sunday:** 8 a.m. to 1 p.m. (6 and 10 km) **Trail:** Fairly hilly, woods and fields **Award:** Tea mug **Note:** Exercise caution when driving in the area if weather conditions are poor.

Weekend of Dec. 18-19

Brussels, Belgium — This Saturday-only evening walk is worth considering despite the distance. Large numbers of monuments and buildings are illuminated for the evening walk, and trails provide wanderers a tour of the 1,000-year-old city which is home to the Council of Ministers of the European Union. Arrive in Brussels on Ring 0 from the Liège-Bruxelles Autobahn E5 and take sortie (exit) 18 Nord (north). Follow yellow signs with "Marche FFBMP" in red lettering.

Start: Salle Omnisports Communale, Avenue du Suffrage Universel **Saturday:** 4-9 p.m. (12, 16 and 20 km) **Trail:** City streets, generally stroller-friendly **Award:** Sticker, certificate or patch.

Weekend of Jan. 1-2

Nieder-Wiesen — Welcome the new year with a volksmarch. This event is south-southeast of Bad Kreuznach and fairly accessible via Autobahn 63 south of Mainz. Bring boots if the weather is or has been wet; trails in previous years have been muddy. Follow A-63 southbound from Mainz toward Alzey. Exit at Erbes-Büdesheim to follow unnumbered roads through Erbes-Büdesheim and Nack to the start.

Start: Gemeindezentrum **Wednesday:** 8 a.m. to 2 p.m. (5 and 10 km) **Trails:** Fairly hilly, fields and woods **Award:** From previous events.

Wiesbaden-Delkenheim — Volksmarchers will find this walk just off Autobahn 66 and directly east of Wiesbaden Army Airfield. An amusing and entertaining show is presented in the start hall each day beginning at 11 a.m., a nice way to spend the year's first weekend with friends and family. Take Autobahn 66 toward Wiesbaden and exit at Wiesbaden-Nordenstadt. Head toward Delkenheim and follow IVV signs to the start and remote parking areas.

Start: Bürgerhaus **Saturday and Sunday:** 8 a.m. to 4 p.m. (12 km) **Trail:** Mostly flat, stroller-friendly, fields **Award:** From previous events **Note:** Designated parking is a distance from start.

Weekend of Jan. 8-9

Bretzenheim/Nahe — This event is just up the road from Bad Kreuznach heading toward Bingen. I've taken wrong turns every time I've walked these trails by not paying attention to trail markings; follow them carefully. From the Baumholder area head to Bad Kreuznach and take B-48 north to Bretzenheim. From points east take Autobahn 60 toward Bingen, continuing at its end on a two-lane road to Gensingen. Follow IVV signs to Langenlonsheim and Bretzenheim.

Start: Sportplatz Schlossgarten **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) **Trail:** Somewhat hilly, vineyards **Award:** From previous events.

Questions? Send email to volksmarch@hotmail.com.



Things to do

Hanau crafts classes

Hanau's American Sampler Crafts Shop in Building 545 at the Wolfgang Shopping Center holds everything from quilt group meetings to open sewing sessions, printing Christmas cards classes to basket weaving workshops. Call civ (06181) 88-8082 for details.

Live at the Jazzkeller

Frankfurt's Jazzkeller features **New Connexion** Nov. 25 at 9 p.m., guitarist **Ro Gebhard** and his trio Nov. 27 at 10 p.m., the **Swingsize Orchestra** Nov. 28 at 8 p.m., the **Philling Space Project** Dec. 4 at 10 p.m. and Dec. 5 at 8 p.m., the **Annette Neuffer Quintet** Dec. 11 at 10 p.m., the **Christoph Spendel Christmas Jazz Trio** Dec. 18 at 10 p.m., the **Tony Lakatos Quintet** Dec. 19 at 8 p.m. and **Dr. Soul and the Chain of Fools** Dec. 23 at 9 p.m. The Jazzkeller is located at Kleine Bockenheimerstr. 18a (near the Fressgasse).

Time to go skiing

The Frankfurt International Ski Club invites everyone to join them for their biweekly Wednesday meetings at the Fox and Fiddle Pub in Frankfurt (Blechstr. 46) and trips to famed slopes throughout Europe. Upcoming trips include **Hintertux** Nov. 24-28, **Hochgurgl** Dec. 3-5, **Saas Fee** Dec. 9-12, **Cervinia/Zermatt** Dec. 12-19, **Val d'Isere** Dec. 12-19, **St. Veit** Dec. 26 to Jan. 1, **Interlaken/Jungfrau** Dec. 29 to Jan. 2, **Kitzbühel** Jan. 7-9, **Aletschgebiet** Jan. 14-16, **St. Anton** Jan. 14-17, **Davos** Jan. 21-23, **Andermatt** Jan. 28-30, **Schwarzwald** Jan. 29, **Champoluc** Feb. 4-8, **Adelboden** Feb. 4-6, **Villars** Feb. 11-13 and **St. Veit** Feb. 13-19. For more information visit the club website at www.fiscweb.org or call civ (069) 9720 3669.

Angels in Film

The Deutsche Filmmuseum in Frankfurt features a special exhibit dedicated to "Angels in Film" Nov. 24 through March 28. In addition to the exhibit, the museum is showing movies featuring angels such as Charlie Chaplain's 1921 film "The Kid" and Woody Allen's 1997 film "Deconstructing Harry." For showtimes and more information visit the Filmmuseum's website at www.deutsches-filmmuseum.de.



Phone cards disco

The Pirates Cove, located across the street from the back gate of the former Drake Kaserne on August-Schanz Str. 33 in Frankfurt, features a "phone cards for troops" fund-raising R&B disco every Friday from 11 p.m. to 4 a.m. On Nov. 26 a live country band, Neon Moon, will be featured starting at 7:30 p.m. Call civ (069) 541 177.

Singing Christmas Tree

The Frankfurt German-American Community Choir, led by Americans Linda Horowitz and Jim Schar, presents its annual Singing Christmas Tree Dec. 3-5 at 6 and 8 p.m., and Dec. 6 at 7 p.m. in the Frauenfriedenskirche on Zeppelinallee in Frankfurt-Bockenheim. Tickets are €12 and are available at www.ticketonline.de.

USO highlights

Rhein Main Area USOs in Wiesbaden, Hanau, at Rhein-Main Air Base and the Frankfurt Airport feature the following upcoming tours and events: **London** Nov. 24-28, **Pottery and Crystal Shopping in Poland and the Czech Republic** Dec. 3-5, **Strasbourg** Dec. 4, **Nürnberg by Train** Dec. 5, **Metz Christmas Market** Dec. 11, **Cologne Christmas Market by Train** Dec. 12, **Skiing in Austria** Dec. 16-19, **Rothenburg Christmas Market** Dec. 18, **Rome (Florence and Pisa)** Dec. 22-28, **Paris** Dec. 29 to Jan. 1, **Frankfurt by Train** Jan. 8, **Luxembourg City** Jan. 15, **Prague** Jan. 15-17. Stop by the USOs for more information.

Sports and leisure



Photos by Gene Knudsen

Wiesbaden Warriors claim DoDDS-E Division I crown

Wiesbaden running back Robert Edwards turns the corner for a big gain during Gen. H.H. Arnold High School's 37-7 victory over Heidelberg Oct. 6. With the win the Warriors claimed the Division I championship at the Department of Defense Dependents Schools-Europe Super Six Tourna-

ment in Baumholder. Photo above right: Wiesbaden linebacker Dan Villareal accepts the game's Outstanding Defensive Player Award from Karen Seadore, DoDDS-E athletic coordinator. Standing behind Villareal is the game's Outstanding Offensive Player, Warrior running back Paul

Fry. The Warriors lost to the Lions during the regular season at home, but came back with a vengeance during the championship final. The Baumholder Buccaneers, the other local team to make the finals, lost their Division III showdown to Ansbach, 54-14.

Edelweiss welcomes Garmisch visitors

The Armed Forces Recreation Center in Garmisch held a grand opening for its new Edelweiss Lodge and Resort Oct. 30.

The resort, which is open to service members, Department of Defense civilians and their families, opened for business Sept. 15. The 330-room lodge features spacious guest rooms, three themed restaurants, a wellness club, daily tours, a recreation programs center, conference facility and more, according to AFRC officials.

"This grand opening celebration and open house were held to officially introduce this new resort and the fantastic attractions and

services now available," said Richard LeBrun, general manager of the Edelweiss Lodge and Resort. "The outstanding choice of dining outlets, leisure activities, daily tours and recreation programs offered to our guests makes Edelweiss Lodge and Resort a very special destination."

During the winter months AFRC features a variety of instructional programs ranging from cross-country skiing to downhill skiing and snowboarding. Trips to such sights as Neuschwanstein Castle and Lindenfels are also available. Visit the www.afrc-europe.com website or call civ (08821) 9440 for details.



Photo by Brad Hays

Staff members and alphorn players welcome visitors to Garmisch's Edelweiss Lodge and Resort for the grand opening Oct. 30.

Shorts shorts...Sports shorts

Marathon planning

Wiesbaden's Tony Bass Fitness Center features a School of Marathon to help runners gear up to run marathons. The program includes instruction, meetings, nutrition and sports medicine classes and runs. The first meeting is Dec. 13 at 6 p.m. Call mil 337-5541 for details.

Unit-level basketball tournament

A unit-level holiday basketball tournament will be held Dec. 6-10 at the Giessen and Friedberg fitness centers. Entry is free for unit-level teams which are limited to 12 players and two non-playing coaches. Call mil 343-6384 for more information.

Dexheim boxing

Team 221st Sports and Fitness hosts a boxing tournament Dec. 4 at Dexheim Fitness Center. Doors open at 6 p.m. with the bouts starting at 7 p.m. Call mil 334-5746 for more information.

Baumholder boxing

Boxers are invited to compete in Baumholder's Hall of Champions Jan. 22 at 7 p.m. Spectator admission is \$4. Physicals and weigh-ins are from 10 a.m. to 1 p.m. Doors open to spectators at 5:30 p.m. Call mil 485-6671 or



Photo by Karl Weisel

Boxing fans can get in on the action in Dexheim and Baumholder in December and January. See column left for details.

7176 for details.

Rock Fun Run

Baumholder Sports holds a Rock Fun Run Dec. 11 starting at 9 a.m. Cost is \$10 and runners must be at least 18 years old to participate. Call mil 485-6671 or 7176 for more information.

Racquetball Invitational

Giessen's Miller Hall Fitness Center holds a Racquetball Invitational Dec. 18-19. Register from 8-10

a.m. Entry is \$20 including a commemorative T-shirt. Call mil 343-7201 or civ (0641) 402-7201 for details.

Personal trainers

Personal trainers are available at a cost of \$35 per session or \$125 for five sessions at the Tony Bass Fitness Center. Discounts are available for groups of up to four people. Trainers are certified to work with youths and special populations. Private pilates and yoga training is also available. Call mil 337-5541.

Free fitness classes

Giessen's Miller Hall Fitness Center and Friedberg's Fitness Center on Ray Barracks feature no-cost group exercises including cardio kick, spin classes, kickboxing and more Monday through Thursday. Aerobic kickboxing is also held at Butzbach Elementary School on Thursdays from 7-8 p.m. Call mil 343-7201 for more information.

Military members and their families are invited to participate for free in any group fitness classes at Wiesbaden's Tony Bass Fitness Center through Nov. 27 during Military Family Member Appreciation Week. Call mil 337-5541, 334-5746 or 334-4737.

